

A Gift for You!



Safety Tips for the Holidays

Tree Safety

- Position your tree a good distance away from any heat sources like fireplaces, radiators or portable heaters.
- Check all tree lights-even if you've just purchased them-before hanging them on your tree. Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.
- If you purchase an artificial tree, make sure it's labeled fire-resistant. If your artificial tree is metallic, don't put lights on it: they'll create a fire hazard.

Toy Safety

- Follow recommended age ranges on toy packages. Toys that are too advanced could be a safety hazard for younger children.
- Be careful of holiday gift wrapping, like bags, paper, ribbons and bows. These items can pose suffocation and choking hazards to a small child.
- Children under age 3 can choke on small parts contained in toys or games and balls with a diameter of one and three-quarters of an inch or less. Children under age 8 can choke or suffocate on uninflated or broken balloons.
- Watch for strings that are more than 12 inches in length. They could be a strangulation hazard for babies.

Warm, Bright and Safe

- Install smoke detectors on each level of your home, especially outside each bedroom.
- Only use the fireplace when you're home and awake. Extinguish the fire when you go out or at bedtime.
- Plugging lights directly into sockets and limiting the use of extension cords will cut down on the chances of a fire.

Safety tips provided by the American Academy of Pediatrics

"Safety" gift ideas

Put together a gift basket containing one or more of the following items:

- Three smoke detectors and batteries.
- A quality fire extinguisher.
- A flashlight and batteries or light sticks.
- A first-aid kit.
- A carbon Monoxide detector.
- A mobile phone.
- A second floor escape ladder.
- "Emergency kit"- energy bars, water, battery radio, flashlight/light sticks and a first-aid kit packed in a small travel bag.



Have a safe and happy Holiday!
~From the Injury Surveillance and Prevention Staff